*Advisors, mentors, facilitators, and guides:*

Is someone acting in a way that doesn’t seem right? Ask yourself...

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**Acute trauma** has been disclosed in a receptive, trusting relationship, or discovered with a trauma assessment tool

~or~

**Chronic trauma** has been disclosed or assessed

~or~

**Historical/Racial trauma** has been inherited through family and/or social structures

~or~

**Secondary/Vicarious trauma** has been disclosed or assessed

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**Are you sure?**

Trauma is prevalent and pervasive, and often obscured by fear, shame, and protective caution...

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**STOP!** You do NOT have the right to demand access to any person’s trauma stories

Tempted to ask for stories? Might not be your place. Tempted to share other people’s stories to justify or explain their behavior? Not your place either. Know the difference between expecting stories and being receptive when stories are offered...

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**How safe does the person feel?**

Use somatic safety and breathing strategies. (see Menakem and Caldwell/Leighton)

**How strong is the relationship between you and them?**

Build intentional trust through grace and mutuality. (see van Dernoot Lipsky)

**How is the behavior rooted in the limbic brain?**

Use body-based experience to disrupt autonomic fight-flee-freeze. (see van der Kolk)

**How is the person dis/connected from nature?**

Implement nature-based practices. (see Kimmerer)